



Makes up for what you miss on "Hoover Days"

A particularly happy thought for the housewife on "Hoover Days" is

Bevo
THE BEVERAGE

—the all-year-'round soft drink. Tastes so good everybody at table is tempted to eat less and drink more. A pure drink. Milk or water may contain bacteria—Bevo cannot.

Get it by the case for the home folks. No refreshment more appropriate and enjoyable at affairs such as bazaars, picnics and church socials.

Bevo has been approved by the Government for our boys, and is immensely popular aboard U. S. men-o'-war and in the military cantonments.

Families supplied by grocers, dealers or druggists.

Manufactured and bottled exclusively by

Anheuser-Busch St. Louis

Bevo Served at all

Drug Stores, Soft Drink Stands,

Hotels and Cafes

Food Regulations for Householders Briefly Stated

A simple and brief statement of the food regulations as they directly affect the household has been issued by the Missouri Division of the United States Food Administration. These new regulations, effective April 3, are as follows:

"All householders who can entirely eliminate the use of wheat until the next harvest, about September 1, should do so.

"Householders who are obliged to use wheat should not use more than a total of one and one-half pounds of wheat flour or prepared wheat, in any form, per person per week, including the wheat flour in Victory bread, and including the wheat flour or prepared wheat in crackers, pastry, macaroni, breakfast and other foods.

"This rationing requires a more restricted use of wheat than that asked for by the observance of wheatless days and meals, which are no longer obligatory, but in practice it will be found that an even wider and more strict observance of wheatless days and meals will aid greatly in limiting the household consumption of wheat flour and other prepared wheat to one and one-half pounds per person per week.

"Meat of any kind may be eaten on any day in moderation until May 1.

"In buying wheat flour an equal weight of other cereals as substitutes for wheat flour must be bought pound for pound. In buying graham, whole wheat or mixed flours the substitutes in them may be counted so that a smaller proportion of substitutes may be bought with these flours than with wheat flour. This is the 50-50 rule.

"Wheat flour substitutes are hominy, corn grits, cornmeal, corn flour, edible corn starch, barley flour, rolled oats, oatmeal, rice, rice flour, buckwheat flour, potato flour, sweet potato flour, soya bean flour and feterita flour and meals.

"Householders in towns and cities may not buy more than one-eighth of a barrel of flour at any one time. Householders in the country may not buy more than one-fourth of a barrel of flour at any one time. In no event shall any purchaser have more than 30 days' supply on hand.

"All kinds of food, especially wheat, meats, fats, and sugar, should be economically used.

"Grow and use local supplies; this saves transportation.

"These regulations are necessarily subject to change at any time as the needs of the Allies and our own needs demand."

POISON CONTROLS

CABBAGE WORMS

Spray the cabbage plants just as quickly as the green colored worms begin feeding upon the plants. This will destroy the worst enemy of the cabbage patch.

The dainty white butterflies which are now flying about the gardens and hovering over the cabbage plants are the parents of the green cabbage worms. These butterflies will soon lay their eggs upon the cabbage plants and these eggs will hatch in about a week or ten days into tiny green worms which begin to feed at once.

Spray the cabbage, says T. J. Talbert of the University of Missouri College of Agriculture, as soon as injury is noticed with arsenate of lead paste at the rate of two tablespoonfuls to one gallon of water. An effective dust spray may also be prepared by using one tablespoonful of the pow-

dered arsenate of lead to a pint of air-slacked lime or fine road dust. Apply the poisoned powdered mixture with some sort of sifter, as a pepper can, talcum powder can, or tin can in which a few holes have been made with a small nail.

An Amsterdam statement is that "German criminals will be enrolled to fight." That ought to put the Kaiser himself in the trenches.

It is remarkable that the Teuts have not thought of floating Halloween pumpkins over London and Paris, with the idea of frightening the inhabitants out of their wits.

Strange the way our war secrets will leak out! I wonder who is to blame for letting the American people know that they not only have a navy, but that it is among those present in the fight against the submarines?



ANY MAN TO ANY MAN

By GERALD STANLEY LEE

I DO not know how other men feel about it, but I find it hard, with all that is happening to the world today, to look a small boy in the face.

When a small boy looks trustingly up to me and I see his world—the world he thinks he is going to have, in his eyes, I am afraid.

The look in his eyes of the world he thinks he is going to have cuts me to the quick.

I have always felt I had an understanding with a small boy before.

But the last four years when he looks at me in that old way and I think of his world—the one I see in his eyes—the one I had myself—the one every small boy has a right to, I see suddenly instead the one that is being left over for him by me, by all of us, the one he will have to try to put up with, have to live in, have to be a man in, when you and I have stopped trying.

Then when I face the small boy I want to go off in a wide high place alone and think and ask God. I want to go down into the city and fight—fight with my money and with my hope, go over the top with my religion and then come back and face the small boy.

There are days during this struggle when my soul is spent and all the world seems made of iron and glass and all these crowds of people flocking through the streets who do not seem to care.

It seems as if I would not turn over my head to save a world to live in myself. . . . It does not matter about me—and some days the people I see go by almost make me think it does not matter about them. . . .

Then suddenly I go by troops of school children at four o'clock pouring out into the streets, . . . pouring like fire, pouring like sunshine out into the streets!

It is as the roll of drums for the Liberty Loan!

I want to ring great church bells to call people to the Red Cross!

My rule for a man's finding out just how much he should subscribe to the Red Cross is this:

Put down your name and address on the blank and leave the amount open to think. Then try going past a schoolhouse about four o'clock when the children are pouring out.

Or in the evening when the house is quiet, put down your name and the best figure you dare on the white paper.

Then go upstairs a minute and look in the crib.

Then look at your blank when you come down once more.

THE WAR'S RECOMPENSE

The original of this verse was found on an American soldier who bravely fought and as nobly died. The man is yet unknown.

Ye who have faith to look with fearless eyes
Beyond the tragedy of a world at strife,
And know that out of death and night shall rise
The dawn of ampler life.

Rejoice, whatever anguish rend the heart,
That God has given you a priceless dower,
To live in these great times and have your part
In freedom's crowning hour.

That ye may tell your sons who see the light
High in the heavens—their heritage to take—
"I saw the powers of darkness put to flight,
I saw the morning break."

A MESSAGE FROM EDWARD N. HURLEY,

Chairman of the United States Shipping Board.

EVERY dollar that has been appropriated by the American Red Cross in this war has welded closer that relationship between the United States and the nations of the Entente, a relationship that will have a marked effect upon the peace council that is coming.

If this work of spreading the gospel of mercy is to continue, every man, woman and child in this republic must give the American Red Cross his fullest support in its second campaign for \$100,000,000.

Our boys in Europe are looking to us to back them up and I know of no better means of supporting them than through the instrumentality of the American Red Cross.

The good it has already accomplished and the comforts and welfare it will provide later when the stress of war becomes greater for the United States forces, make it imperative that the second fund of \$100,000,000 be a spontaneous gift on the part of the American people.

GET SOMEBODY ELSE

The Lord had a job for me,
But I had so much to do
I said, "You get somebody else,
Or wait till I get through."

I don't know how the Lord came out,
But he seemed to get along;
But I felt a kind o' sneakin'—like—
Knowned I'd done God wrong.

One day I needed the Lord,
I needed Him right away,
But He never answered me at all,
And I could hear Him say

Down in my accusing heart:
"Nigger, I've got too much to do
You get somebody else.
Or wait till I get through."

Now, when the Lord He have a job
for me
I never tries to shirk;
I drops what I have on hand,
And does the good Lord's work.

And my affairs can run along,
Or wait till I get through;
Nobdy else can do the work
That God marked out for you.
—Paul Lawrence Dunbar.

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Catarrh of Throat

Miss Amalie Ruzicka, 1449 South 16th St., Omaha, Nebraska, writes: "I have suffered with catarrh of the throat. I caught cold and it settled in my throat, and I coughed badly and was very weak. I could not sleep and had no appetite. I had two doctors, and had taken so many different medicines and found no help. I thought I will have to give up; but at last my mother read about Peruna, so I thought of trying that great medicine Peruna. I got a bottle of it and in about four days I almost stopped coughing, and after a while I surely found relief, and from that time we are not without Peruna in our home."

Could Not Sleep

No Appetite

Now Well.

We Always

Have PERUNA in the

Home.

Those who object to liquid medicines can procure Peruna Tablets.

